

Akram Youth

May 2024 English

Dada Bhagwan Parivar

Motivation

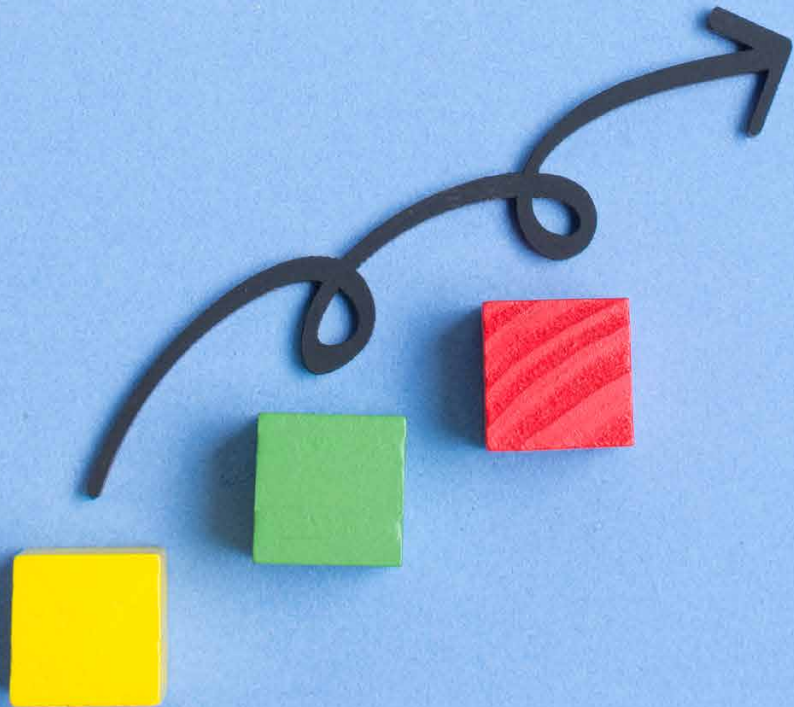


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Year: 12. Issue: 1

Cont. Issue: 133

May 2024

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Editor - Dimple Mehta

Printer & Published by
Dimple Mehta on behalf of
Mahavideh Foundation
Simandhar City, Adalaj - 382421.
Taluka & Dist - Gandhinagar

Owned by & Published from :
Mahavideh Foundation
Simandhar City, Adalaj - 382421.
Taluka & Dist - Gndhinagar

Printed at :
Amba Multiprint
Opp. H B Kapadiya New High School,
Chhtral-Pratappura Road,
At-Chhatral, Tal. Kalol
Dist. Gandhinagar – 382729.

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Total 24 Pages with Cover page



Editorial

Sometimes in life, we face failures and disappointments that surround us, making us feel like our journey has come to a standstill. Whether it's related to studies or other activities, it feels as though we have lost direction and purpose. In such times, our energy depletes, and our self-confidence dwindles.

So, what should we do then? We seek strength from others and find it in some of their motivational words. Nowadays, many people offer such motivation, and hearing their enthusiastic words may inspire us temporarily. However, this motivation often does not last long, and we find ourselves stuck once again.

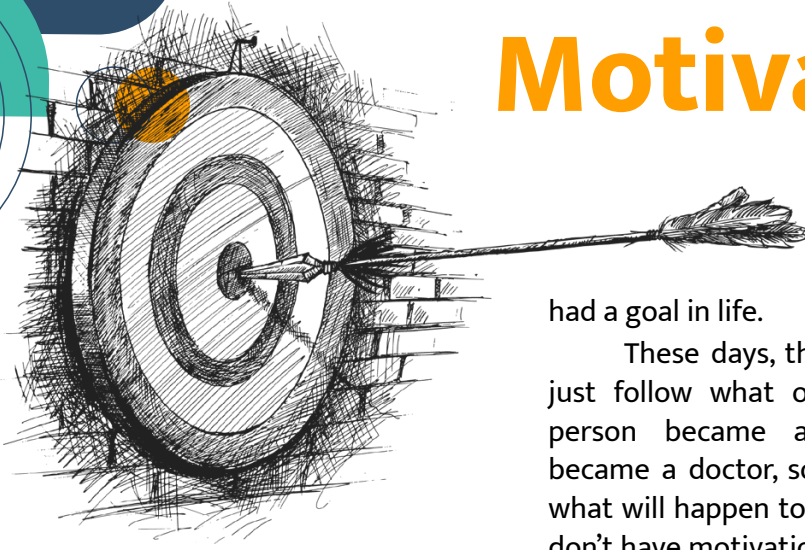
But if we gain true understanding, we don't need external sources or reliance on others to stay motivated.

In this issue of Akram Youth, we will learn this very technique to stay motivated forever. And, yes, we will keep others motivated as well, right?

- Dimplebhai Mehta



What is Motivation?



Questioner: Jai Sat Chit Anand Pujyashree, I wanted to ask about motivation. What is motivation?

Pujyashree: Do we want to move forward with a push? Why do we even need a push? Does the one who has a fixed destination, a set goal, need a push? Nowadays, people lack the awareness of what they want to do or where they want to go. They would spend two years in engineering and then leave it, saying they want to go into the arts field. Do you only want to move forward with a push? If you have a goal, you must reach it. In the olden days, people faced many difficulties. They would study under the streetlights, take the exam, and pass with first class marks. After studying for five years under the streetlights they would eventually become a doctor. Did they need motivation? They

had a goal in life.

These days, there is no goal. People just follow what others are doing. One person became an engineer, another became a doctor, so you start to wonder what will happen to you. Then you say you don't have motivation. What is motivation? To push yourself. You may be able to push yourself for one year, the next year you will get tired and say, "I won't be able to finish medical school. I'll switch my major to computers." Is motivation needed for those who have the goal to escape from jail? Does anyone need to motivate them on how to escape from jail?

Questioner: No, they don't need it.

Pujyashree: "If you push me, then I will run. Otherwise, I am a lazy person. If I fall then they will throw me back in jail." Does someone who want to escape from jail need motivation?

Questioner: No, they don't need it.

Pujyashree: So, someone who is determined to escape from jail will start running as soon as he finds an opportunity. He will run in such a way that no one can find him. Similarly, one who wants to escape

this world doesn't need motivation. Whatever file we come across will come according to our past karmic account. If you have the parmanu (particles of inanimate matter which are not in pure form) for bitter gourd, you will get bitter gourd. If you have the parmanu for potatoes, then you will get potatoes. Just clear it with equanimity. Once the account is settled, it will no longer come to you. People are wandering without any direction and they need motivation.

Questioner: So, what should we do if we are motivated but then we get demotivated?

Pujyashree: That happens to people who are weak. They see the traffic and turn back saying, "I won't be able to go to Bombay because of the heavy traffic." Come on, we motivated you for an hour and you were ready to go to Bombay. Now you're saying, "No, the traffic is too much. It doesn't feel like the right time to go." So motivation is a new thing that people have discovered. People read stories of great people to learn how they found motivation. They started such huge businesses. You may think, "I will also start a business and earn money." Do you want motivation to earn money or to become great like them? Do you want fame? Decide what you want.

Questioner: If the goal is clear, there's no need for motivation, right?

Pujyashree: You have to decide that. I never needed it. I only recently heard the word 'motivation'. I thought that since these people need a push, they must have an old 'car' that needs a lot of efforts to get going. Otherwise, a good 'car' would start immediately with a slight push of the starter.



So, what should we do if we are motivated but then we get demotivated?



Pujyashree: What will you do now?

Questioner: Suppose after starting a task, I don't like it anymore. What should I do then?

Pujyashree: Where did "I don't like it anymore" come from? Why did you start if you don't like it? That's why the mistake happens, because of all these contradictions and instability. What do you do then?

Questioner: Then what I do is....

Pujyashree: Motivation.

Questioner: Motivation means doing something to tempt the mind, like going for a walk or doing something new. Then, sometimes, someone comes along and questions,

"Why are you doing this? There is no meaning to this work." Or if I lose interest in studying, then I need motivation. Then I feel, "I need to do something new. Someone should motivate me. Someone should listen to my words."

Pujyashree: But it doesn't last, right?

Questioner: It doesn't last at all.

Pujyashree: How long will borrowed energy last? Okay, so now move forward slowly, with understanding. If you understand your goal and remain sincere to it, then you won't need anyone.

Questioner: Jai Sat Chit Anand.

Where did "I don't like it anymore" come from? Why did you start if you don't like it? That's why the mistake happens.



If one has to complete a task, but he doesn't have self-confidence, then he won't be able to finish that task.



Causes of

Failure: Continuous failures or setbacks in achieving personal or professional goals can demoralize an individual, causing him to doubt his abilities.

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Lack of Progress: When one feels that he is unable to make progress, he may lose the motivation to continue his efforts.

.....

Unrealistic Expectations: Setting overly ambitious or unattainable goals can lead to frustration and disappointment.

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Negative Feedback or Criticism: Constant criticism and negative feedback can affect one's self-confidence and reduce motivation.

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Lack of Support: When one feels unsupported, unappreciated, or undervalued by his peers, coworkers, or superiors, his motivation can suffer.

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Monotonous Work: Lack of variety in repetitive tasks or routines can lead to boredom and demotivation.

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Overload of Work: Experiencing physical or emotional exhaustion due to an excessive workload or stress can result in a loss of motivation.



Demotivation

Fear of Failure: Seeing others fail or feeling pessimistic can prevent an individual from taking risks.

.....

Personal Problems: External factors such as relationship issues or financial struggles can affect motivation levels.

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Comparison and Jealousy: Constantly comparing oneself to others and feeling inadequate can lead to demotivation and feelings of inadequacy.

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Unclear Goals: Lack of clear and achievable goals can make an individual feel directionless and demotivated.

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Inadequate Resources: Lack of necessary tools, support, or training hinders progress and can demoralize individuals.

.....

Health Issues: Physical or mental health challenges can affect motivation and energy levels.

.....

Self-Doubt: Internal doubts about one's own abilities or competence can weaken his motivation.

Why is Motivation

Motivation is a fundamental aspect of human behavior and it plays a crucial role in our personal and professional lives. Here are some reasons why we need motivation:

Goal Achievement: Motivation is the driving force that encourages individuals to set and pursue their goals. It provides the necessary energy and determination to work towards achieving these objectives.

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Behavior Modification: Motivated individuals tend to perform better and put more effort into their tasks and responsibilities, leading to improved outcomes.

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Facing Challenges: Life is full of obstacles and challenges. Motivation helps individuals face adversities, increasing their chances of success.

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Positive Mindset: Motivation fosters a positive outlook on life, helping individuals maintain an optimistic attitude even when facing difficulties.

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Personal Development: Motivation encourages individuals to seek self-improvement and personal growth, leading to a more fulfilling and purposeful life.

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Self-Confidence and Self-Esteem: Achieving goals and overcoming challenges through motivation boosts self-confidence and self-esteem.



Needed?



Creativity and Innovation: Motivated individuals think creatively and come up with innovative solutions to problems.
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Resilience: Motivation enables individuals to bounce back from failures and setbacks.
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Health and Well-being: Motivation can act as a catalyst for adopting healthy lifestyle choices such as regular exercise and balanced nutrition.
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Time Management: Motivated individuals are more organized and focused, leading to effective time management.
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Fulfillment of Ambitions: Motivation empowers individuals to pursue their dreams and ambitions, leading to a more meaningful and fulfilling life.
.....

Influence on Others: Motivated individuals can inspire and influence those around them, creating a positive environment.
.....

Better Decision Making: Motivated individuals are more likely to make proactive and well-considered decisions.
.....

Overall, motivation is a driving force that fosters progress, growth, and fulfillment in various aspects of life. Motivation empowers individuals to take charge of their lives, embrace challenges, and reach their full potential. Without motivation, people may feel stuck, disheartened, and due to this they tend to move towards negativity. They are unable to make positive changes in their lives. Therefore, cultivating and maintaining motivation is essential for individual and collective well-being.

A small yet charming house named “Parnakuti” was carefully decorated. The house, though old in style, appeared grand. The house used genuine teak wood, and the craftsmanship on the wood, especially the carvings on every pillar, was captivating. The height of the house wasn’t very tall, but the genuine English covers arranged on the wooden beams of the ceiling and the stone tiles on the floor kept the house very cool. Every pillar and wall of the house was decorated with flowers and leaves. The main entrance of the house had genuine oil lamps that seemed ready to welcome someone’s arrival, as the occasion demanded admiration.

Slowly, guests began to gather in the courtyard of the house. TV channel vans with satellite dishes were parked outside the compound. The crowd was growing, and there was an atmosphere of excitement, pride, and praise in people’s conversations. All the family members gathered and sat on the chairs placed in the courtyard. Kalyanam sat between his mother, Sheeladevi, and father, Dinkar, next to his sister Sulabha. There were unmatched smiles and joy on everyone’s faces. The occasion was Kalyanam’s selection after passing the IPS exam. Being selected among millions of students was a significant achievement. The village head, relatives, and villagers honored him with garlands and congratulations. TV channel microphones were set up on the table in

Congratula



UPSC TOPPER (202

tions

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front of Kalyanam, and the Q&A session began...

In response to a question, Kalyanam began in a soft voice...

My education was going very well until the twelfth standard. I would always get first place in class. Well-planned study time and regularity continuously brought success. Everyone at home was happy. Gradually, in the first year of college, I started losing focus. I made more friends in college who came from different backgrounds and had negative thoughts. Constant talk about unemployment and a different kind of bad influence began to dominate me. I liked their conversations. As my enjoyment in cinema and leisure increased, my effort decreased. My exam results were not very good.

I passed the second year, but the results were not very good. My friends' talks never seemed wrong to me. They felt like reality. My attention in class diminished. Hanging out with friends, watching movies, and wandering around resulted in absenteeism from classes and a lack of focus in my studies. Negativity began to take root in my mind. One line became fixed in my mind - "Who has ever benefited from studying? We just need to get a job, right? What does dad do? Ultimately a job, right? We don't have the capital for a business." The third year's result was also not good. I passed but wasn't proud of myself.

This time, mom and dad were upset. Their anger was justified. My sister couldn't speak because she knew. Their words would agitate me, and my mind would become deaf. Constant thoughts. I started feeling depressed. My physical strength seemed drained.

Dad worked in the corporate sector, so he knew how to progress in education. His colleagues knew how to build a career and used to participate in motivational in-house programs. Dad's anger was justified because I had not only wasted his money but also misused my time. Dad's intention behind his job was very thoughtful. 'If we become useful to society in addition to ourselves, then that's considered a true life.' One Sunday, he took me to his friend's place and introduced me to his son, Manoj.

Understanding my body language, Manoj approached me.



After greeting me, we sat on a bench outside and began talking about studying and careers. His thoughts were very positive. He disliked the influence of bad company. He disliked doing wrong things.

Manoj shared his story... There are vices in the surrounding society - immorality, corruption, shortcuts to success, but do they provide long-term success? If news of an exam paper leak comes tomorrow, who will bear the loss? What about hard work? Success achieved on an exam through fair means is praiseworthy. Passing an exam by cheating isn't success; it's cheating other students. In such a bad environment, I gave my exams with integrity and ultimately I failed the twelfth standard. My family's condition wasn't good. So, I tried starting a business, but government bureaucracy came in the way. Ultimately, I decided to leave the village to find a job.

Before reaching the city, the little money and bag of clothes given to me by my grandmother were stolen on the bus. I faced hunger. After three days of hunger, the hotel owner gave me food. In return, I insisted on working at the hotel to pay for the meal. An individual overheard this incident and, aligning with my thoughts, explained to me some motivational facts about preparing for the UPSC (Union Public Service Commission) exams, getting a good job, success, and serving my country. He convinced me to prepare for the UPSC and took me to Delhi.

Again, the issue of money arose. Expensive fees. Now, my goal was set, I was positive. I had to succeed on the exams. Lots of studying, reading for 12-16 hours a day. I started working at a restaurant, cleaning tables during the day and studying at night. Despite this, my hard work didn't pay off. I didn't study enough and I failed, but with determination, a goal, and positive thoughts.

I then took a job at a library. There, I had access to books for studying. I worked all day and studied at night. I met someone who had failed the UPSC 2-3 times. He was a very kind and motivated person. He guided me on many things like planning, subject selection, understanding the syllabus, creating a timetable, politics, daily activities, news, budget analysis, general knowledge, exams, prelims, etc.

Having a job during the day and achieving success in your studies isn't easy. It requires a lot of hard work. One's determination and positivity shouldn't waver. I took the exam one time, two times, three times, and eventually passed on the sixth attempt. The struggles I faced during those six-seven years of my life were very tough. There were times when I felt pushed towards negativity. The motivation I received from time to time helped. Someone can provide motivation, but we must use it and implement it. After passing, to get selected and to pass the interview is also tough. It's a very different process. Today, I am very happy to have become an IPS.

One thing I forgot to mention. On the back wall of the hotel where I was fed, a useful message was written:

There are only two things:

Positive and negative.

If we remain negative, then who will nature help?

**The word negative should
not be in our dictionary.**

Always staying positive is my greatest motivation. With positivity, my life changed. Hard work and effort are necessary along with motivation.



How to Stay Self Motivated

Q - What is the importance of motivation? And where one find it?

Ans - Motivation is a force that helps us move forward on the path to achieving our goals. If we get stuck somewhere on the way, motivation will help us move forward.

Motivation is necessary to progress in life. Motivation can be obtained from various sources such as our parents, teachers, friends, etc. Motivation is essential to stay committed to our goals.

Q - What is demotivation? How can we become demotivated?

Ans - When we are influenced by negativity and attempt to stop or abandon our journey towards our goals, it is called being demotivated. If we set very high expectations for ourselves and then do not achieve the desired results, we feel disappointed. High expectations can lead to demotivation. If no one else can encourage us, then they certainly cannot disappoint us. It is our own thoughts that lead to demotivation.

If we take failure too seriously and instead of learning from it, we give up, we demotivate ourselves.



Q - What is self-motivation? How do we gain self-motivation?

Ans - When we cannot obtain motivation from anything or anyone in the external world, and we turn to ourselves internally to find motivation, it is called self-motivation. To gain self-motivation, we should first analyze our behavior in different situations. We need firm discipline to achieve our goals, which will help us gain self-motivation. We should look to guides like Niruma and Swami Vivekananda and see how they remained positive in different situations. We have the example of Eklavya, which helps in maintaining discipline and focus on our goals. We should become able to face failure and not be discouraged by it.

Q - What should we do to always stay motivated?

Ans - If we keep our goals clear, we will always find ways to move forward. We should always understand that we need to stay on the positive side of things and be optimistic, because even a single negative thought can lead to excessive thinking and disappointment.

Positivity leads to better outcomes and gradually, positivity leads to purity, which is what we all need.

We should be clear about the reality of the world around us and prepare accordingly for all obstacles.

Q - What was your motivation over the years?

Ans - In school, I scored good marks, so teachers used to give me more responsibilities. This sense of responsibility motivated me to work hard in my studies. Based on my results, I was also selected for various events, which was good motivation. My parents never discouraged me from anything, and that was a big motivation; they always encouraged my positive traits, which was helpful. When I met Niruma and learned about all the things she did, I was motivated to do seva as well. I always continued to do seva in any way possible because I believed that if I could help liberate others, it would lead to my liberation as well. Dada's Gnan always kept me motivated in relative situations. Staying clear about the main goal of attaining moksha was the greatest motivation.

Q - What would you like to say to today's youth?

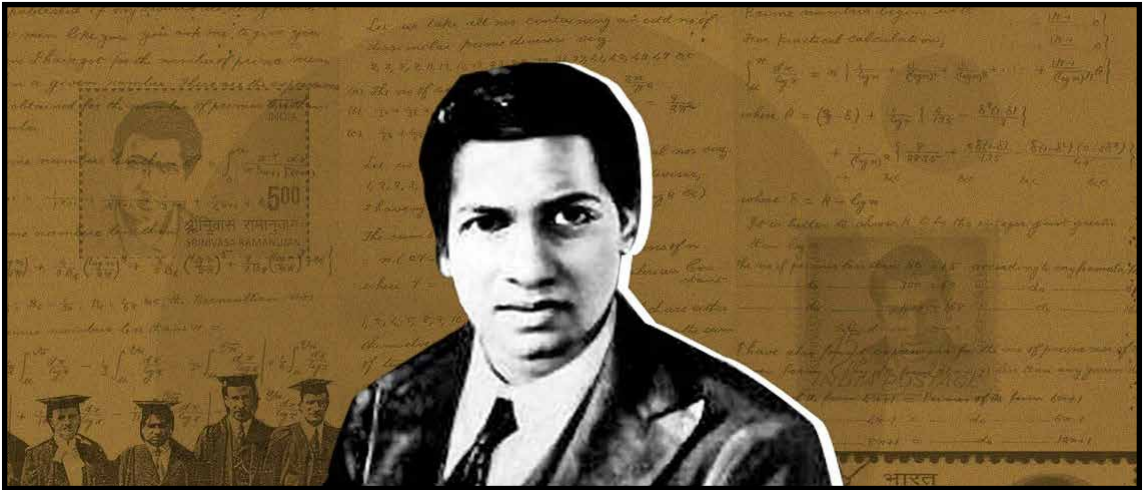
Ans - Sometimes our youth forget to understand the reality of the outside world. If they understand how things work, they can prepare themselves for anything. Young people need to remember that a positive attitude always helps in moving forward. Clarity about the reality of the world and their own goals will greatly help their self-confidence, and they will be able to achieve their goals.



Youth Experience

I have been attending YMHT since I was 12 years old. Before that, I attended LMHT for 6 years. Initially, I didn't realize it, but over the years, attending YMHT has brought many positive changes in my life. The lessons I learned in the sessions helped me a lot during my college years. I was able to handle friends and bad influences properly. College is a place where you can easily fall under bad influence, but the knowledge I gained from YMHT helped me avoid it. Staying away from bad influences allowed me to study smoothly, and my naturally angry disposition became much calmer. From conflicts, which helped me work with people more easily. This greatly helped me cope with mental stress and peer pressure. By attending YMHT, I made many friends whom I can confidently say will help me in any situation. I can always ask for help from any senior YMHT member or coordinator. Initially, I didn't notice the changes in myself, but gradually, I became a better person because the lessons from YMHT were with me, knowingly or unknowingly.

- Tanishk Kothari, Mumbai



Ramanujan

Ramanujan Srinivas Aiyangar (Born: December 22, 1887, Erode, Tamil Nadu; Death: April 26, 1920, Chennai)

Ramanujan is one of the finest mathematicians of modern India. Born into a very poor family in Kumbakonam, Tamil Nadu, Ramanujan was exceptionally bright in mathematics from a young age. By the sixth grade, he had already read and understood mathematics textbooks up to the tenth grade. Before passing the matriculation exam in 1903, a college student neighbor brought him Carr's book 'A Synopsis of Pure Mathematics' from the library of Kumbakonam College. This book contained 6,000 results without proofs. Ramanujan began the monumental task of finding proofs for all these results, and from this effort, he became a creative mathematician. In 1902, he started keeping a notebook to jot down the results he discovered, and over the next ten years, he filled three thick notebooks

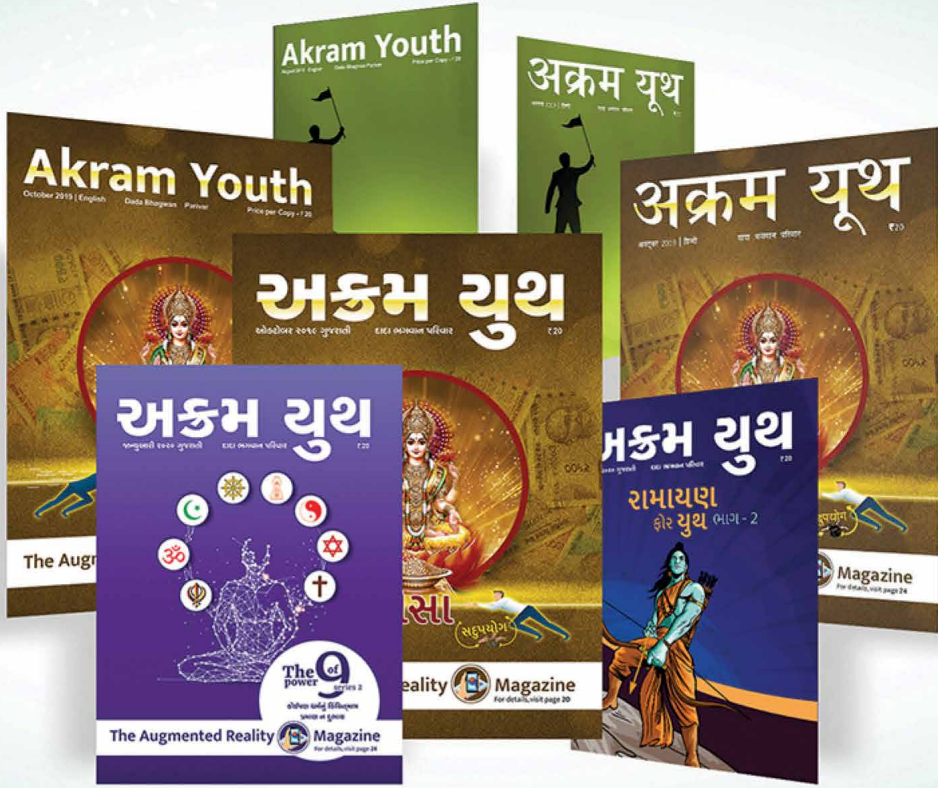
with highly significant and fascinating results. Due to his excessive attraction to mathematics, Ramanujan neglected other subjects, resulting in him failing the first year of college multiple times and eventually dropping out in 1907. The decade from 1903 to 1913 was very difficult and disappointing for Ramanujan. After marrying Janaki Ammal in 1909, he made desperate attempts to find a job. Despite these struggles, his mathematical research continued. As part of his job search efforts, he came into contact with several government officials interested in mathematics. These officials were impressed by his mathematical knowledge and gradually provided him with opportunities to pursue mathematics. In 1912, Ramanujan joined the Madras Port Trust as a clerk. On the advice of some

well-wishers, Ramanujan wrote a letter in January 1913 to the famous English mathematician Hardy, introducing his research. Hardy was very impressed by this letter and invited Ramanujan to England, but due to caste prejudices and his mother's disapproval, Ramanujan initially expressed his inability to go to England. Subsequently, Hardy recommended to the Madras University through other British officials in India that Ramanujan be given a substantial scholarship for research. The university complied, and Ramanujan became a full-time mathematical researcher. Hardy continued his efforts to bring Ramanujan to England. Finally, in March 1914, Ramanujan left for England. In Cambridge with Hardy, Ramanujan conducted excellent research. In 1918, he was elected a Fellow of the Royal Society of England, becoming the first Indian scientist to receive this honor. That same year, he also became a Fellow of Trinity College, Cambridge. Hardy had the same position. However, in 1917, Ramanujan's health declined, and he was diagnosed with tuberculosis, which was considered incurable at the time. Despite this illness, his research continued. In March 1919, Ramanujan returned to India in poor health. Despite many efforts, his illness proved fatal, and he passed away in the suburb of Chetput in Chennai. Ramanujan's research mainly focused on arithmetic, hypergeometric series, traditional

fractions, division of integers, modular functions, etc. He provided numerous rapidly converging series for the famous and irrational number π (pi), which were later used to calculate millions of decimal places of π with the advent of powerful computers. His other results have found applications in physics, computer science, and many other fields. From 1902 until he went to England, he recorded all his results in notebooks. These notebooks, in his own handwriting, were published by the Tata Institute in Mumbai in 1957, leading to worldwide research on his results. No one imagined at the time that, after returning from England, Ramanujan had started a new notebook on his deathbed. Just a few days before his death, he must have sent this notebook to England, where it got lost. In 1976, mathematician G.E. Andrews found this 100-page notebook in the library of Trinity College, Cambridge. It is now known that these 100 pages contain very high-level results. The 1917 joint research paper by Hardy and Ramanujan on the partition of integers, published in 1917, proved to be a revolutionary paper in its field. The authors discovered a new proof method, later known as the circle method, which has led to many new results in subsequent years. In his 31 years of life, Ramanujan continued his research under any circumstances until his last breath. No external conditions ever demotivated him.

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Poem

Jeevan yatra ma, manas dheemo pade kyaank...

Gheri vale jo, nishfalta-nirashano thak...

Shodhata tyare e therther, motivation nu paani...

Kyaank thi jo male, manobal sarvaani...

Koi jagyaay thi, male thodo saharo...

Kaa kok kari de, aangli no jara isharo...

Pan dhakka-gaadi to, pohnche kyaan sudhi..?

Uchini motivation, bas chaale tyaan sudhi...

Kaayam taki rehva to, dhyey achal joyiye...

Ne upar thi sincerity, prabal joyiye...

Dhyey mahatva samajta, motivation zharanu vahe...

Ant sudhi mathta, safalta chokkas lahe...



By Dada's Youth

Year: 12, Issue: 1
Cont. Issue: 133
May 2024

Date of Publication 22nd of every month
RNI No. GUJENG/2013/53112

Summer Camp 2024 For Youth



Youth Boys
87800 07907
(13 to 16 yrs)

Youth Girls
99251 10682
(13 to 16 yrs)

Send your suggestions and feedback at: akramyouth@dadabhagwan.org
Publisher, Printer & Editor - Dimple Mehta on Behalf of Mahavideh Foundation
Printed at Amba Multiprint, Opp. H B Kapadiya New High School, Chhtral-Pratappura Road,
At-Chhatral, Tal. Kalol, Dist. Gandhinagar – 382729.